

Banana Bread in a Mug

(Adapted from [Living Sweet Moments](#))

1 Ripe Banana mashed
1/4 Teaspoon of Baking Powder
1 Egg
1/2 Teaspoon of Pure Vanilla Extract
1 Tablespoon of Butter melted
1 Tablespoon of Sour Cream
1 Tablespoon of Sugar
1 Tablespoon of Brown Sugar
3 Tablespoons of Flour
Pinch of Salt
Cooking Spray
1 Tablespoon of Walnuts chopped (optional)
Whipped topping for garnish optional

In a bowl, mix the bananas, eggs, vanilla and sour cream.

Slowly add the dry ingredients: flour, sugars, salt and cooking spray. Mix until combined.

Add the walnuts.

Spray a tall mug with cooking spray. Pour the batter in.

Microwave on high for 2 to 3 minutes. Mine took about 2 minutes and 40 seconds.

Carefully remove from microwave and invert on a plate. Top with whipped topping, whipped cream or ice cream if desired.